

Abstract

Title: Technique on C1 in White water slalom

Objectives: The aim of the bachelor thesis is to describe the current concept of the technique on C1 category and create as an attachment video samples of the individual techniques, which will also be available electronically.

Methods: At work we used the analysis method. Applied it in the analysis of the individual ways of going thru the slalom gates. We focused on key aspects of the all different techniques and attempted to describe them.

Results: This work represents the contemporary concept of the technique and tactics of paddling on C1 and together with the annex is an output which can serve as a methodical material to canoe slalom competitors and coaches.

Keywords: canoe, canoe slalom, upstream gates, downstream gates, technique, tactics, video analysis